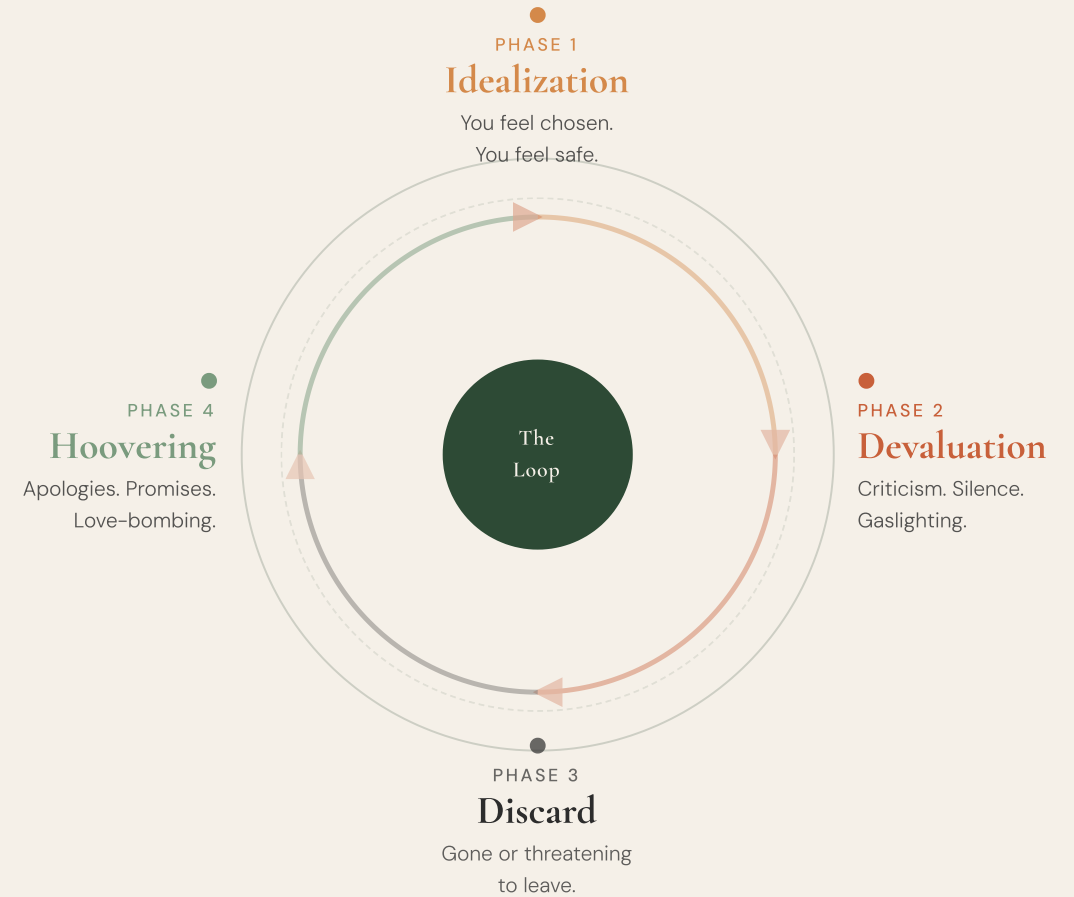


UNDERSTANDING THE PATTERN

The Abuse Cycle

It isn't random. It's a loop — and they know how to keep you in it.



- ✓ The warmth in Phase 1 was real to you. **That's why the cycle works.**
- ✓ Phase 4 is not repair. **It is recruitment back into Phase 1.**
- ✓ Recognizing the loop **does not mean you were foolish** for being in it.

"The confusion isn't a sign you're broken. It's evidence of how the cycle was designed."

FREE WORKSHEET



Track where you are in the cycle. The corresponding worksheet helps you map your own experiences to each phase — in your own words, at your own pace.

Quinn Morgan

You're not crazy. You're waking up.